



Come Join us! at the Drum Circle (with 'Drums Alive')

~Hosted By: Cara-MT

~When: Thursdays

4:00-5:00 PM

~Where: JLW Chapel

~Who: For JLW Families & Friends

~Explore ~Relax ~"Let Loose!"

~Benefits of Drum Circles~:

~Reduces Stress

~Lowers Blood Pressure

~Promotes Increased Relaxation

~Reduces Sense of Discomfort

